

DINNERLY



Reduced-Carb Korean Beef Rissoles with Chopped Salad and Peanuts



25 minutes



2 Servings

Roll beef mince and Korean chilli paste into juicy rissoles, then glaze in a sweet, spicy sauce. Tumbled onto a rainbow of fresh veggies, here's a salad you'll really want to make friends with.

WHAT WE SEND

- 1 baby cos lettuce
- 1 tomato
- 20g peanuts ⁵
- 1 carrot
- beef mince
- 30g Korean chilli paste ^{1,6}

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs soy sauce ⁶
- 1½ tbs vegetable oil
- 2 tsp white vinegar
- 1 tsp honey

TOOLS

- julienne peeler or box grater
- medium frypan

Our veggies come straight from the farm,
so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 41.4g, Carbs 14.1g,
Proteins 42.4g



1. Prep ingredients

Trim the **lettuce**, then coarsely chop the leaves. Cut the **tomato** into 2cm chunks. Chop the **peanuts**. Crush or finely chop **2 garlic cloves**. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater.



2. Make rissoles

Put the **beef mince, garlic and half the chilli paste** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then divide into 6 equal portions and shape into rissoles (see Make it yours). Combine the **remaining chilli paste and 1 tbs soy sauce** in a bowl.



3. Cook rissoles

Heat **2 tsp vegetable oil** in a medium frypan over medium heat. Cook the **rissoles** for 3-4 mins each side until browned and cooked through. Add the **chilli paste mixture** and bring to the boil, turning the rissoles to coat. Remove the pan from the heat.



4. Make salad

Put **1 tbs vegetable oil**, **2 tsp white vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **lettuce**, **tomato** and **carrot** and toss to combine.



5. Serve up

Divide the **rissoles** and **salad** among plates, scatter over the **peanuts** and enjoy!



6. Make it yours

Prefer meatballs to rissoles? Just roll tablespoons of the beef mixture into balls instead of flattening into rissoles.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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from at least 90%
Australian ingredients